

**AMENDMENTS TO THE CLAIMS**

Please **CANCEL** claims 1-39 as shown below.

Please **ADD** new claim 40 as shown below.

The following is a complete list of all claims in this application.

Claims 1-39 (Cancelled)

40. (New) A green carbon foam comprising a density ranging from about  $0.1 \text{ g/cm}^3$  to about  $0.8 \text{ g/cm}^3$  and a compressive strength below about 6000 psi, manufactured by the process comprising:

heating high volatile bituminous coal particles exhibiting a free swell index ranging from about 3.5 to about 5.0 at a rate in the range of about  $1^\circ\text{C/minute}$  to about  $20^\circ\text{C/minute}$  to a temperature ranging from about  $300^\circ\text{C}$  to about  $700^\circ\text{C}$  in a pressure controlled reactor, under a pressurized non-oxidizing atmosphere having a pressure from about 50 psi to about 500 psi; and controllably cooling said green carbon foam at a cooling rate of less than about  $10^\circ\text{C/minute}$  to a temperature of about  $100^\circ\text{C}$ .